



### Alcohol Abuse and its consequences

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### Watch Your Sugar Intake

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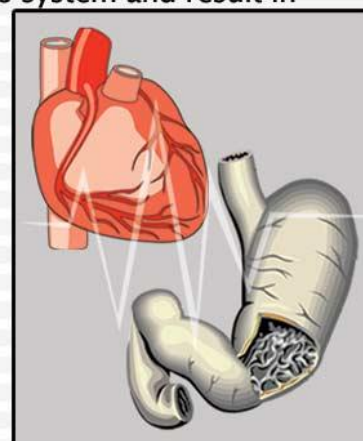
## Alcohol Abuse and its consequences

### Introduction

Many people enjoy few drinks during social gatherings. It is important to drink sensibly. Excessive alcohol consumption can lead to alcohol dependency and some other health problems.

### Health Effects

- Alcohol abuse may lead to neurological, gastrointestinal, hepatic and cardiovascular complications.
- Acute alcohol intoxication can lead to loss of control over one's behavior, increased risk of accidents and even neurological & respiratory depression.
- Chronic alcoholism can cause vitamin B1 deficiency, damage the nervous system and result in tremor, seizures, memory loss and confusion.
- Excessive alcohol consumption also increases the risks of oesophagitis, gastritis, gastric ulcers and some cancers such as oral and esophageal cancer.
- Heavy drinkers have higher risk of pancreatitis, hepatitis, cirrhosis and heart diseases.
- Obesity can be a consequence of chronic alcohol consumption.



### Situation in Hong Kong

The Behavioral Risk Factor Survey April 2008 reported that

- Among people aged 18-64, 18.1% were regular drinkers who drank at least once a week
- Drinking was more prevalent among men, 28.0% males drank at least once a week while only 9.6% of females did so.
- The survey also revealed that 9.2% of people had binge drinking (consumed five or more glasses or cans of alcoholic drinks in a row) in the month prior to the interview, of which people aged 25-34 (14.1%) had a higher rate of binge drinking.

### Drink sensibly



- Non-drinkers should not start drinking simply for the perceived health benefits of alcohol consumption.
- If drinking at all, it should be done sensibly and within appropriate settings and limits.
- Children and pregnant women should never drink.
- Avoid alcohol before driving, operating machine, handling dangerous goods or vigorous exercise.

